

# Naval Base Ventura County



Five Star Rated:



## October/November/December 2001

### Program Descriptions: New, Regulars & Favorites

#### **Baby Shower! (Expectant & New Parents are Invited)**

An invitation is extended to expectant parents to attend a workshop to prepare for your new baby. You may also be interested in attendance if you have a newborn. Lots of information will be available and refreshments and door prizes will be provided. Come meet and share your experiences with other expectant and brand-new parents.

#### **Boot Camp for New Dads**

The New Parent Support Program has launched "Boot Camp for New Dads", a program for first-time fathers to prepare them for the challenges of parenthood. In this 3-hour class, expectant dads meet with new dads who bring their babies and share their stories and experiences as a new parent. This class is a "guy thing" with a locker room atmosphere and no females over two feet tall are allowed. Boot Camp's mission is to help dads get connected and positively involved with their new baby so that they remain a strong and constructive force throughout their children's lives. Expectant dads get hands on opportunities to hold, diaper, and comfort real babies. They get to share their fears and apprehensions with other dads who have gone through the same experience. Topics discussed include crying, colic, safety issues, finances, and dealing with emotional changes of a new mom. The question most addressed is: "How can I be the best father I can be?"

#### **Infant Massage Class**

*This is a three-session class.* Infant massage improves loving communication and nurturing parenting skills between parent and baby. Studies have shown that infant massage promotes circulation, weight gain, and immune function as well as helping children to develop both physically and emotionally. This program is for parents and their infants, ages three weeks to crawling.

#### **Parenting Ages 0 to 4**

Being a parent to a young child isn't as easy as it sounds. In between the "Kodak moments" are tantrums, development questions and discipline problems. Come to this three-session class; learn what you can expect as your baby grows as well as some practical approaches to common problems.

#### **Parenting Skills**

"You're not the boss of me!!!" Does this sound familiar? Sometimes our households resemble "Malcolm in the Middle" instead of "Leave it to Beaver". Come to this 5-session class and learn some practical ideas for making the job of parenting go a little smoother. This is a class for REAL parents seeking REAL solutions.

#### **Boost Your Self-Esteem!**

This class will be presented in six-modules. It is designed to provide informative tools to help you get the most out of life by developing self-confidence, problem solving abilities, assertiveness and feeling worthy of the "good stuff" in life. Come and Get the Good Stuff!

#### **Stress Reduction Class!!!**

Learn practical methods to assist you in de-stressing your body mind and spirit. This ongoing class will cover basic breathing techniques, progressive relaxation skills, meditation and ways to challenge your anxiety-producing belief systems. Please wear casual, loose-fitting clothing!!

#### **Breaking Up - Building Up**

This new group will help members work through the pain of ending or changing relationships. Members will get the support they need to find peace, empowerment, and the opportunity for personal growth from a painful life transition.

#### **Achieve Your Goals!!**

The members of this group will be assisted in clearly defining their goals, identifying and overcoming obstacles and creating and following a successful plan. Make your dreams your life! Join this new group.

#### **Couples Communication**

Couples means those people who have a partner in a relationship. This does not necessarily mean a "married couple". This new workshop is designed to increase your awareness of self, partner, and your relationship. It will teach you the skills of talking and listening. As couples see other couples interact, you will learn from one another and provide encouragement for all.

#### **Personal Financial Management (PFM)**

How to be a "Million Dollar Sailor." Introductory class in PFM open to all active duty military and family members. Fundamental instruction in goal setting, understanding the LES, checking and banking practices, smart car buying, credit management, savings and investment principals, and shopping for insurance.

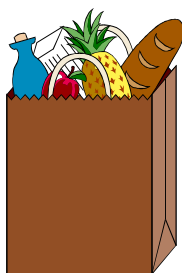
**If you have questions about any of the classes listed, please call 989-8146 or 982-4117 and the I&R Specialists can fill you in.**

**Remember to Register Early to avoid class cancellations!!!**

# Food Distribution

(The Military Family Community Volunteers)

# FREE



**27 Oct      17 Nov 2001**

**22 Dec 2001**

**0900 - 1400    Behind Bldg. 19**

**(Port Hueneme near the  
Pleasant Valley Gate)**

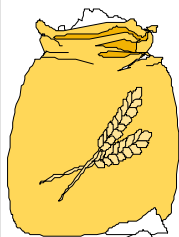
**Note: Food items vary from month to month.**

Requirements: **\*\* Active Duty E-6 and below or their spouses.**

**\*\*E-7 with two or more dependents may  
qualify-income guide line statement  
available at distribution site.**

**\*\* Custodian of a child who is a family member  
of Active Duty personnel on deployment.**

**\*\* Only one issue per family.**



## Staff

Director .....982-5037  
Site Mgr/TAMP Mgr..... 989-8146  
Program Coordinator.....989-8146

Chief of Counseling..... 982-5037  
Clinical Counselors - Port Hueneme.....982-5037  
Clinical Counselors-Point Mugu..... 989-8146  
Family Advocacy.....982-5037  
Victim Services ..... 982-5037

Admin Staff-Port Hueneme.....982-5037  
Admin Staff-Point Mugu..... 989-8146

Financial Specialist ..... 982-5037  
New Parent Support Program.....982-5037  
Spouse Employment Assistance..... 982-5037  
Computer Specialist ..... 982-5037

SAVI Coordinator..... 989-8146  
CDRC/TAMP Staff-Port Hueneme..... 982-5037  
CDRC/TAMP Staff-Point Mugu..... 989-8416

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**PLEASE POST ENCLOSED FFSC  
PROGRAM CALENDAR!**

**Fleet and Family Support Center - Contributing to the Mission**